

# Packing List

## Liguria



### Personal clothing and equipment

- ☑ Shorts and T Shirts in case it's really warm (we can hope!)
- ☑ Closed footwear for on the water

#### For under Drysuit

- ☑ Thermal top and bottoms for under dry suit
- ☑ Thin jumpers for under drysuit
- ☑ Warm Socks for under drysuit

#### For Under Wetsuit

- ☑ Swimming Clothes/Quick Dry underwear
- ☑ Rash top

- ☑ Headtorch
- ☑ Personal Drybags (double up for anything you want really dry)
- ☑ Warm Hats
- ☑ Cap for Sunny weather
- ☑ Suncream
- ☑ Sunglasses
- ☑ Water Bottle
- ☑ Snacks
- ☑ Tupperware boxes for lunch (great for keeping stuff dry)
- ☑ Fork or Spoon (if you want something else than bread)
- ☑ Mobile Phone & Drybag for phone
- ☑ Personal First Aid Kit

### On-the-water equipment

Included (but bring your own if you have it and order in advance if you need it)

- ☑ Boat
- ☑ Paddle
- ☑ Helmet
- ☑ Spraydeck
- ☑ Buoyancy Aid
- ☑ Towline
- ☑ Pump
- ☑ Paddle Float
- ☑ Drysuit
- ☑ Wetsuit booties for drysuit
- ☑ 3mm Wetsuit
- ☑ Paddle Jacket
- ☑ XL jacket as spare for over Drysuit
- ☑ Pogies

### Group equipment (provided)

- ☑ Contact tow
- ☑ Spare paddle
- ☑ VHF Radio
- ☑ Flares
- ☑ PLB
- ☑ Group Shelter
- ☑ Repair Kit
- ☑ Spare BAs, Spraydecks, Helmets
- ☑ Extra Jackets XXL
- ☑ Spare Pogies
- ☑ Neoprene Caps

### Navigation equipment (optional)

If you want to develop your navigation and tidal planning

- ☑ Map Case
- ☑ Hand Compass
- ☑ Boat Compass (Hightide has a small number to use on the course)
- ☑ Plastic Plotter

